

Why do you use tobacco?

People use tobacco for many different reasons. Understanding why you use may help you quit.

If you use tobacco for energy....

- Get enough rest.
- Exercise regularly.
- Take a brisk walk.
- Drink lots of cold water.
- Avoid getting bored.

If you like handling cigarettes...

- Doodle.
- Play with a coin, ring, etc.
- Take up a hobby to keep your hands busy.

If you use tobacco for pleasure...

- Enjoy the pleasures of being tobacco free.
- Savor the taste of food.
- Spend cigarette money on other pleasures.

If you use tobacco to relax...

- Use relaxation techniques such as deep breathing and imagery.
- Avoid stressful situations when practical.
- Get enough rest.
- Take a long hot bath. Have a massage.
- Lie in a hammock.

If you crave nicotine ...

- Try nicotine replacement therapy.
- Join a tobacco cessation group.
- Avoid favorite smoking areas.
- Think of yourself as tobacco free and healthy!

Adapted from National Institutes of Health's
Why do you smoke?

When you quit tobacco products the body begins a series of changes:

20 minutes after quitting

Blood pressure decreases
Pulse rate drops
Body temperature of hands and feet increases

8 hours after quitting:

Carbon monoxide level in blood decreases
Oxygen level in blood increases

24 hours after quitting:

Chance of a heart attack decreases

48 hours after quitting:

Nerve endings start to regenerate
Ability to smell and taste enhanced

The first year after quitting:

At 2 weeks to 3 months:

Circulation improves
Walking becomes easier
Lung function increases

1 to 9 months:

Coughing, sinus congestion, fatigue, shortness of breath decreases

1 year:

Excess risk of coronary heart disease is decreased to half that of a smoker

Long-term benefits of quitting:

At 5 years:

From 5 to 15 years, stroke risk is reduced to that of people who have never used tobacco

Targeting Tobacco and Wound Healing

You can be tobacco free!



PUBLIC HEALTH COMMAND
U.S. Army Center for Health Promotion and Preventive Medicine
Directorate of Health Promotion and Wellness

MADIGAN HEALTHCARE SYSTEM
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ATTENTION SMOKERS! In addition to the ill health effects of smoking tobacco products, a June 2006 report released by the US Surgeon General states that "there is NO risk-free level of exposure to secondhand smoke."

Did you know that smoking *significantly increases* wound-related complications after surgery, even in minor, clean wounds?

Carbon monoxide, a part of cigarette smoke, competes with oxygen by attaching itself to the hemoglobin on the red blood cells. If carbon monoxide is attached to the hemoglobin, oxygen does not have a place to travel through the blood. This results in less oxygen available for the tissues to heal themselves.

Tar, a component in cigarette smoke, coats the lining of the lungs and trachea. When the lungs are coated with tar, the exchange of oxygen and carbon dioxide is inhibited. This means that the blood carries a lower concentration of oxygen to the tissues which also slows the healing process.

Nicotine, is a vasoconstrictor. A vasoconstrictor is a chemical that narrows blood vessels and reduces the flow of blood. When this happens, the body does not receive adequate amounts of nutrients or oxygen to stay healthy or repair itself. When body tissues are injured they require ten times the nutrients and energy of normal tissues to heal. So smoking delays the body's ability to heal itself by preventing an adequate energy and oxygen supply to the wounded tissue.

Blood. Chemicals in cigarette smoke cause changes in your blood, making it stickier and thicker. When this happens, it may clump together and be unable to travel through the smallest vessels, called capillaries. The tissues being nourished by these vessels will not receive all the blood flow they require.

Pain. Regular smokers tend to have less tolerance to pain.

Delayed bone healing . Tobacco use leads to bone weakening and a decrease in production of new, healthy bone cells.

You can greatly reduce wound-related complications by quitting all tobacco use and exposure to secondhand smoke

WANT TO QUIT?

Prepare yourself mentally – Think of the positive aspects of quitting, such as improved health, better smelling breath, and more money in your pocket. Remember – a positive attitude is the key to success. Quitting requires effort but is not impossible. You can join the millions who have quit.

Learn from past attempts – Do not be discouraged if this is not the first time you have tried to quit. Sometimes it takes 2 or 3 times to finally quit. Keeping a “tobacco use” log for several days can help identify triggers that increase your desire to use and help you plan ways to beat the urge. Your chances for success increase with every attempt.

Set a target date for quitting – Make a promise to that date and tell others. Do not let anything change it. Celebrate your quit day as the start of your tobacco-free life.

Know what to expect – Prepare yourself for the tobacco urge to hit and have a plan to handle it. Stock up on hard candies, gum, mouthwash, and mints. Be sure to drink plenty of fluids, especially water, to wash the nicotine out of your body. Remember withdrawal symptoms are temporary and are signs that the body is starting a healing process.

Involve someone else – Ask a friend or spouse to quit with you or to support you in your effort. Consider joining a support group or attending a tobacco cessation program.

Recognize and avoid tempting situations – Don't be caught unaware! Find new habits that make using tobacco difficult. Brush your teeth after each meal instead of using tobacco. Take a walk instead of a coffee break, but avoid smoking areas. Use the four D's to fight a craving: **Delay, Deep breathing, Drink water, Do something.** Remember, these feelings will only last a short while and will be less frequent as time goes on. Hang in there!

Avoid the weight gain trap – Weight gain is a major concern for many individuals who quit using tobacco. However, studies show the average weight gain for those who quit is only five to ten pounds and weight gain can be prevented with a sensible diet and proper exercise.

American Lung Association: 1-877-695-7848

ON-LINE RESOURCES:

www.ucanquit2.org

www.becomeanex.org

MAMC Tobacco Cessation Clinics:

Okubo Family Medicine Clinic patients
call 966-7547

Family Medicine patients call 968-2637/6512 or
1-800-404-4506

Winder Family Medicine Clinic patients can
sign-up inside at the “Specialty Clinic”

All other patients call TRICARE at 1-800-404-4506

Unit/FRG training available by calling 968-4387

For more information, please contact:

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